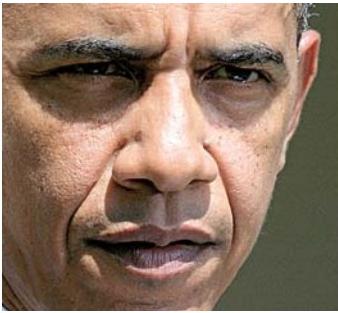


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Tuesday



BENEFITS BATTLE

Obama tells GOP lawmakers it's time to 'do what's right' **4**

BREAKTHROUGH

A vaginal gel cuts AIDS risk in half for women, a study finds **3**



BIG BAND'S ERA

Edward Sharpe proves 10 heads can be better than one **31**



JULY 20, 2010 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

The cover features a large, bold red stamp across the center reading "OUTSOURCED". Above this stamp is the official seal of the National Security Agency (NSA), which includes an eagle and the text "NATIONAL SECURITY AGENCY" and "DEPARTMENT OF DEFENSE". Below the stamp, the word "OUTSOURCED" is repeated in a smaller, stylized font.

TOP SECRET AMERICA: Private firms [REDACTED] have become so thoroughly entwined with the government's most sensitive activities [REDACTED] without them, important military and intelligence missions would ha[REDACTED]

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1,931 THE NUMBER OF COMPANIES IDENTIFIED BY THE POST THAT PERFORM WORK AT TOP-SECRET LEVEL

10K THE APPROXIMATE NUMBER OF CONTRACTORS WHO WORK FOR THE CIA, ABOUT A THIRD OF ITS WORK FORCE

265K THE NUMBER OF PEOPLE OUT OF THE 854,000 WHO HAVE TOP-SECRET CLEARANCE WHO ARE PRIVATE CONTRACTORS

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EYE OPENERS

Hug Non-Reciprocal Putting Our Youth at Risk

Police in Iowa City, Iowa, arrested a man who they said punched another man who refused to hug him. Officers responded to a report of someone hitting cars Sunday. The suspect told police he became upset after he tried to hug a man and was pushed away. He punched the hood of a car, then clocked the man he tried to hug. (AP)

Not Great ... or Even Places

It turns out that some of Massachusetts' greatest places aren't so great after all. To promote tourism, the Legislature last week released a list of the state's top 1,000 attractions. But some sites don't exist anymore, some are closed, and some are listed in the wrong towns. The list also actually has only 996 places. (AP)

Ohio Makes Giant Pile of Dirt Sound Interesting

Ohio plans to build a sound barrier made out of soil and plants in the state's first eco-friendly attempt at muffling highway noise. A spokesman for the state transportation department says the 12-foot-high wall will be like a Chia Pet: Workers will water bags filled with soil and seeds, and watch it grow. The noise wall will be built this fall. (AP)



The Big Picture



SANTAS DISPENSE hugs and joy at the Dyrehavsbakken amusement park, near Copenhagen, Denmark, on Monday. Every summer, St. Nicks (and elves) from around the globe get together at the World Santa Claus Congress to spread Christmas cheer, have fun and gossip. (EXPRESS)

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NANNA KREUTZMANN/AP

Gel Offers Optimism Versus AIDS

Science

For the first time, a vaginal gel that a woman can use during sexual intercourse has been shown to markedly cut the risk of becoming infected with the virus that causes AIDS.

In a study of 900 South African women, a gel containing the anti-retroviral drug tenofovir reduced the overall chance of infection by 39 percent. In women who used the substance consistently and as directed, the protection was even better: 54 percent.

The findings, which will be described Tuesday at an AIDS Conference in Vienna, marks the first success in a 15-year search for a method of HIV prevention that can be controlled by women at risk of contracting the disease through sexual intercourse. Short of a vaccine, an effective "vaginal microbicide" has been the most elusive goal in the epidemic.

While not perfect, the gel was helpful. If further development follows the expected course, more potent formulations combined with "social marketing" of the product could produce vastly better protection. (THE WASHINGTON POST)

Despite Leaks, Cap Still Holding

Feds, BP mull next step amid concerns over Gulf seepage

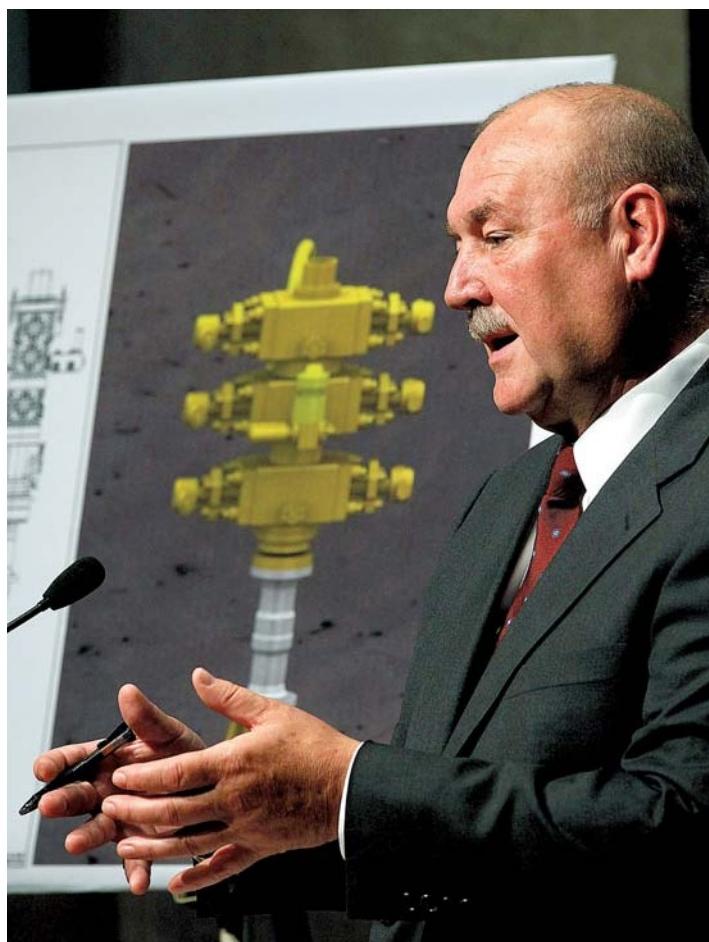
New Orleans

Oil and gas are leaking from the cap on BP's ruptured oil well, but the cork will stay in place for now, the federal government's point man on the spill said Monday.

The leaks — which started late Sunday night — aren't "consequential," retired Coast Guard Adm. Thad Allen said, relieving concerns that they are a sign the cap is creating too much pressure underground. That could mean the cap that's stopped oil since Thursday would have to be opened.

Allen said BP could continue evaluating the cap and keeping it shut for at least another 24 hours. He said BP must keep rigorously monitoring for any signs that this test could worsen the overall situation.

If there was a quick rise in pressure, the well would be vented immediately to keep from creating leaks deep underground, Allen said.



Retired Coast Guard Adm. Thad Allen discusses the oil cap in the Gulf of Mexico.

The next step isn't clear. Allen seemed to budge on his previous stance that the cap would eventually be hooked up to a mile-long pipe to pump the crude to ships on the surface. That would mean flooding oil back into the sea for a few days.

Unless larger problems develop, he said, he's not inclined to loosen the cap.

But he's also not sold on leaving the cap in place until the well is permanently plugged, which is what BP wants.

"I'm not prepared to say the well is shut in until the relief well is done. There are too many uncertainties," he said Monday.

The government and BP spent two days disagreeing over what to do with the undersea machinery holding back the gusher. "We had some concerns ... about commitments that BP had made that we did not feel that they were adequately living up to in terms of that monitoring," White House spokesman Robert Gibbs said earlier. "That was dealt with last night on a call that lasted late into the evening."

COLLEEN LONG, MATTHEW DALY (AP)



CHANGES

In a prelude to its split next year, Motorola announced Monday that it is selling the bulk of its wireless networks division for \$1.2 billion to Nokia Siemens Networks, freeing Enterprise Mobility from a Networks business that has been holding it back in the eyes of investors. Enterprise — which specializes in police radios and bar-code scanners — is booming, while Networks — a wireless-carrier supplier — has an aging product portfolio and is too small to compete. (AP)



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Nation

Obama: Extend Benefits

President scolds GOP for blocking money for the unemployed

Washington

President Obama took aim at Republican lawmakers Monday, accusing them of holding the public hostage to Washington politics by blocking extended unemployment benefits for millions of out-of-work Americans.

"It's time to do what's right, not for the next election, but for the middle class," Obama said in a presidential jawboning statement in the Rose Garden Monday morning.

Lawmakers have battled for weeks over legislation extending unemployment benefits to workers who have been out of a job for long stretches of time. The last such extension expired at the end of May, leaving about 2.5 million people without benefits, with hundreds of thousands more losing benefits each week.

The Senate is set to take up the



President Obama urges lawmakers to extend unemployment benefits on Monday.

measure again Tuesday, immediately after the swearing in of a replacement for the late Sen. Robert Byrd. Filling that seat will give Democrats the 60 votes they need to block a Republican filibuster.

Obama's argument has become a familiar one, as Democrats try to use the Republican blockade of unemployment benefits as a wedge issue heading into the November midterm elections.

He accused Republican leaders

of subscribing to what he called a misguided notion that providing unemployment aid to people lowers their incentive to look hard for a job.

The \$34 billion needed to extend benefits would be borrowed, adding to the nation's mounting debt. Republicans have tapped into the public's anger and concern over the national debt, saying they would support extending jobless benefits only if the bill was paid for. (AP)

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Have Gun, Will Travel to the Texas Capitol

Security loophole lets those with arms permits avoid lines

Austin, Texas

Everyone from lobbyists to lawyers to journalists is rushing to get permits to carry guns inside the Texas Capitol, where legislators already often tote pistols in boots and purses or stow them away inside their desks.

A unique loophole in a new security procedure means a gun permit is like a special-access pass into the domed building, allowing people who are certified to carry a gun to bypass lines at the metal detectors



People with gun permits can bypass metal detectors at the Capitol in Austin, Texas.

that were set up after a shooting incident earlier this year.

"Nobody wants to be the one standing in line behind 300 kids

wearing the same colored T-shirt," said University of Texas political scientist Jim Henson. "If you're trying to get in and out real-

ly quick and there's going to be choke points, well, people don't want to have to deal with that."

There's now a frenzy for folks to get trained and licensed to carry a firearm, especially before the legislative session begins in January.

It's not required that people have a gun to enter the Capitol through the express lane. Merely holding a valid permit, and presenting it at the entrance, will get them expedited entry.

"Everybody is doing it or is planning to do it," said lobbyist Bill Miller, who has taken the required training and is waiting for his license to arrive in the mail.

JAY ROOT (AP)

FREEDOM



Jailed former newspaper magnate Conrad Black was granted bail by a federal appeals court on Monday, weeks after the U.S. Supreme Court kicked his 2007 fraud conviction back to a lower court. The British baron and three other former executives from the media empire Hollinger International were convicted of swindling the company's shareholders out of \$6.1 million. (AP)

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The International Fund for Animal Welfare (IFAW) — and the **millions of Americans** who support whale conservation — would like to express our gratitude.

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Sen. Joseph Lieberman (CT)
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In Brief**PARAMARIBO, SURINAME****Ex-Dictator Bouterse Wins Presidency in Vote**

Former dictator Desi Bouterse was elected president by parliament Monday after weeks of jostling by opponents who sought to stop the convicted drug trafficker and ex-strongman accused of killing political opponents from returning to power. (AP)

MOSCOW**FSS Gains More Power**

The upper house of Russia's parliament on Monday passed a bill granting expanded powers to the country's main security agency, a move that critics say echoes the era of the Soviet KGB. The bill, which now goes to President Dmitry Medvedev to be signed into law, would allow the Federal Security Service to issue warnings to people suspected of preparing to commit crimes against Russia's security. (AP)

CAIRO**Cleric: Yemen Is the New Afghanistan for Obama**

A U.S.-born, al-Qaeda-linked cleric warned the American people that President Obama will mire U.S. forces in Yemen just as in Afghanistan, in a message appearing Monday on militant websites. The 13-minute audio message, in English, comes just days after the U.S. Treasury department put Anwar al-Awlaki on its list of Specially Designated Global Terrorists. (AP)



Civilians and rescue workers gather at the site of an accident at Sainthia station, about 125 miles north of Calcutta, India.

61 Die in India Rail Crash

Collision is latest in series of country's fatal train incidents

Sainthia, India

The 22-year-old was asleep on the overnight train, headed to his distant job at a call center, when an enormous jolt awakened him and his coach flipped. He lay with his leg broken for five hours, crushed under the dead bodies of other passengers as he waited for help.

The powerful crash between two express trains at a station in eastern India early Monday killed 61 people and injured scores more. The force of the crash was so intense the roof of one car was thrust onto an over-

pass above the tracks.

Accidents are relatively common on India's sprawling rail network, which is one of the world's largest but lacks modern signaling and communication systems. Most crashes are blamed on poor maintenance and human error.

It was the second major train crash in West Bengal state in two months. On May 28, a passenger train derailed and was hit by a cargo train, killing 145 people. Authorities blamed sabotage by Maoist rebels for that crash.

Railway Minister Mamata Banerjee rushed to the site of Monday's crash and raised the possibility it was another case of sabotage. But there was no immediate indication that rebels were to blame.

A handful of accidents in north India in January killed at least a dozen people and were blamed on heavy winter fog that impaired visibility. Other fatal crashes happened when rickety rail bridges gave way. However, accidents as deadly as Monday's crash are rare.

It happened about 2 a.m. when the fast-moving Uttar Banga Express slammed into the Vananchal Express as it was leaving the platform at Sainthia station, about 125 miles north of Calcutta.

Two passenger cars and a luggage car of the Vananchal Express were destroyed, leaving a tangle of twisted metal. The passenger cars were reserved for those with the cheapest tickets and are usually packed to capacity. (AP)

Syria Bans Veils From Universities**Damascus, Syria**

Syria has forbidden the country's students and teachers from wearing the niqab — the full Islamic veil that reveals only a woman's eyes — taking aim at a garment many see as political.

The ban shows a rare point of agreement between Syria's secular, authoritarian government and the democracies of Europe: Both view the niqab as a potentially destabilizing threat.

The order affects both public and private universities, and aims to protect Syria's secular identity, said the official, who spoke on condition of anonymity. Hundreds of primary school teachers who were wearing the niqab at government-run

"The niqab is a religious obligation. I cannot go without it."

— DUA, A STUDENT IN DAMASCUS WHO WOULD NOT GIVE HER SURNAME, SAYING SHE WON'T BE ABLE TO STUDY IF SHE ISN'T ALLOWED TO WEAR HER VEIL.

schools were transferred last month to administrative jobs, he added.

The ban, issued Sunday by the Education Ministry, does not affect the hijab, or headscarf, which is far more common in Syria than the niqab's billowing black robes.

Syria is the latest in a string of nations to weigh in on the veil, perhaps the most visible symbol of conservative Islam. Veils have spread in other secular-leaning Arab countries, such as Egypt, Jordan and Lebanon, with Jordan trying to discourage them by playing up reports of robbers who wear veils as masks.

Turkey bans Muslim head-scarves in universities, with many saying attempts to allow them in schools amount to an attack on Turkey's secular laws. (AP)

Al-Sadr Meets With al-Maliki Rival in Rare Public Appearance**Baghdad**

Anti-American Iraqi cleric Muqtada al-Sadr took a rare, public step into the political arena Monday, meeting in neighboring Syria with the man directly challenging Iraqi Prime Minister Nouri al-Maliki for his office.

The talks between al-Sadr — who is nominally allied with al-Maliki — and former premier Ayad Allawi — who heads the heavily Sunni-backed Iraqiya coalition — appeared to be as much about showing al-Maliki that al-Sadr is keeping his options open as it was about any firm political agreement between



Ayad Allawi and Muqtada al-Sadr meet.

the two men in the offing.

Al-Sadr rarely travels outside of his home base in Iran, where he lives in self-imposed exile. His followers won 39 seats in the 325-seat parliament in Iraq's national election in March, giving him considerable sway over who becomes the next prime minister. (AP)

World

Clinton Announces Pakistan Aid Projects

Efforts are meant to help end 'legacy of suspicion' of U.S.

Islamabad

Secretary of State Hillary Rodham Clinton on Monday sought to convince skeptical Pakistanis that American interest in their country extends beyond the fight against Islamist militants by announcing a raft of new aid projects worth \$500 million.

The projects, which include hospitals and new dams for badly needed electricity, are part of a \$7.5 billion aid effort to win over Pakistanis suspicious about Washington's goals here and in Afghanistan, where U.S. troops are being killed in ever greater numbers in an insurgency with roots in Pakistan.



Hillary Clinton of the U.S. and Shah Mahmood Qureshi of Pakistan participate in talks.

Mistrust over U.S. intentions in Pakistan is in part due to Washington's decision to turn away from the nuclear-armed country after enlist-

ing its support to defeat the Soviets in Afghanistan in the 1980s.

"Of course, there is a legacy of suspicion that we inherited. It is not going to be eliminated overnight," said Clinton after talks in Islamabad.

"It is, however, our goal to slowly but surely demonstrate that the United States is concerned about Pakistan for the long term and that our partnership goes far beyond security against our common enemies," she said.

These projects and others focused on promoting economic growth will be funded by legislation approved by Congress to triple nonmilitary aid to \$1.5 billion per year over five years.

MATTHEW LEE (AP)

DISCOVERIES



A nocturnal, forest-dwelling primate with orb-like eyes and short limbs was photographed in Sri Lanka in 2009 after being feared extinct, researchers said Monday. A Horton Plains slender loris was photographed after forest surveys by researchers from the Zoological Society of London, the University of Colombo and the Open University of Sri Lanka. (AP)

Just Breathe

The National Institute of Allergy and Infectious Diseases, in Bethesda, MD is conducting a study with the drug DAS181. The investigational drug is currently being studied as a potential treatment for the flu. The goal of the study is to determine if DAS181 can safely be given to individuals with well-controlled asthma. The study will last between 6-12 weeks and there are a total of 12 visits required. Volunteers will be compensated for their participation.

You may be eligible if you:

- are between 18 to 65 years of age
- have asthma
- have had no change in asthma medication dosage or treatment within the last 3 months

You may not be eligible if you:

- are allergic to milk or milk products
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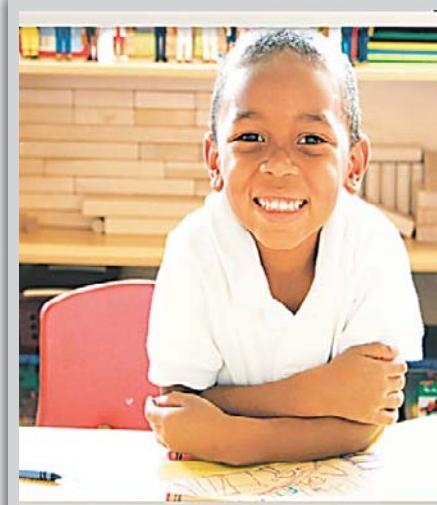
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www.clinicaltrials.gov

Refer to study # 10-I-0085



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Unhealthy Dependency

Has the U.S. become too reliant on private contractors for its most sensitive work?

Washington

To ensure that the country's most sensitive duties are carried out only by people loyal above all to the nation's interest, federal rules say private contractors may not perform what are called "inherently government functions." But they do, all the time and in every intelligence and counterterrorism agency, according to a two-year investigation by The Washington Post.

What started as a temporary fix in response to the terrorist attacks has turned into an unhealthy dependency that calls into question whether the government workforce includes too many people whose unwritten task is to make a profit from taxpayer money and whether the government is still in control of its most sensitive activities. In interviews last week, both Defense Secretary Robert M. Gates and CIA Director Leon Panetta said they agreed with such concerns.

The Post investigation uncovered what amounts to an alternative geography of the United States, a Top Secret America created since 9/11 that is hidden from public view, lacking in thorough oversight and so unwieldy that its effectiveness is impossible to determine.

It is also a system in which contractors are playing an ever more important role. Contractors kill enemy fighters. They spy on foreign governments and eavesdrop on terrorist networks. They help craft war plans. They gather information on local factions in war zones. They are the historians, the architects, the recruiters in the nation's most secretive agencies. They are among the most trusted advisers to the four-star generals leading the nation's wars.

Private firms have become so critical to the government's most sensitive activities that important military and intelligence missions would have to cease or would be jeopardized without them. Some examples:



MICHAEL S. WILLIAMS/NYTP

Cutouts of U.S. soldiers seem to guard the entrance to the Department of Defense's annual intelligence information conference in May.

► **At the Department of Homeland Security,** the number of contractors equals the number of federal employees. The department depends

on 318 companies for essential services and personnel, including 19 staffing firms that help DHS find and hire even more contractors. At the office that handles intelligence, six out of 10 employees are from private industry.

► **The National Security Agency,** which conducts worldwide electronic surveillance, hires private firms to come up with most of its technological innovations. The NSA used to work with a small stable of firms; now, it works with at least 484 and is actively recruiting more.

► **The National Reconnaissance Office** cannot produce, launch or maintain its large satellite surveil-

lance systems — which photograph countries such as China, North Korea and Iran — without the four major contractors it works with.

► **Every intelligence** and military organization depends on contract linguists to communicate overseas, translate documents and make sense of electronic voice intercepts. The demand for native speakers is so great, and the amount of money the government is willing to pay for them is so huge, that 56 firms compete for this business.

Hiring contractors was supposed to save money. But that has not turned out to be the case. A 2008 study published by the Office of the Director of National Intelligence found that contractors made up 29 percent of the work force in the intelligence agencies but cost the equivalent of 49 percent

of their personnel budgets.

The process of reducing the number of contractors has been slow, if the giant Office of Naval Intelligence in Suitland is any example. There, 2,770 people work on the round-the-clock maritime watch floor tracking commercial vessels, or in science and engineering laboratories, or in one of four separate intelligence centers. But it is the employees of 70 information technology companies who keep the place operating.

They store, process and analyze communications and intelligence transmitted to and from the entire U.S. naval fleet and commercial vessels worldwide. "Could we keep this building running without contractors?" said the captain in charge of information technology. "No, I don't think we could keep up with it." **DANA PRIEST AND WILLIAM M. ARKIN (THE WASHINGTON POST)**

33

The number of building complexes for top-secret intelligence work that are under construction or have been built since 9/11. Together they occupy the equivalent of almost three Pentagons.

Learn More:

This story was excerpted from "Top Secret America," a three-part series by Washington Post reporters Dana Priest and William M. Arkin that analyzes a defense and intelligence structure that, since 9/11, has become so large, so unwieldy and so secretive that no one knows how much money it costs, how many people it employs or whether it's making us safer. A third story to be published Wednesday focuses on the economic and cultural impact of a high concentration of top-secret work within a community located around the National Security Agency. This series is available online at TopSecretAmerica.com.



"THIS IS A TERRIBLE CONFESSION. I CAN'T GET A NUMBER ON HOW MANY CONTRACTORS WORK FOR THE OFFICE OF THE SECRETARY OF DEFENSE."

— DEFENSE SECRETARY ROBERT M. GATES, WHO SAID HE WANTS TO REDUCE THE NUMBER OF DEFENSE CONTRACTORS ON THE FEDERAL PAYROLL BY ABOUT 13 PERCENT BUT IS HAVING A HARD TIME EVEN GETTING A BASIC HEAD COUNT.

Local

Medical Cottage Unveiled in Va.

Dwellings for elderly raise questions about zoning rules, abuse

Salem, Va.

A small Virginia company hoping to revolutionize the way Americans care for aging family members has unveiled its first prototype of a portable, high-tech dwelling that would provide temporary shelter for a sick or elderly relative in the relative's family's backyard.

On Monday, N2 Care, a company formed by a Methodist minister in Salem, Va., showed off its first MedCottage, a 12-by-24-foot prototype filled with biometric technology that would allow a family and health care providers to monitor the condition of an aging



Courtesy of Thomas Bicher

The MedCottage is a portable, high-tech dwelling that could be trucked to a family's backyard and used to shelter a sick or elderly relative in need of special care.

or disabled relative. The cottage contains air-filtration systems, video links, devices that allow the remote monitoring of vital signs and sensors that could detect an

occupant's fall.

Until now, the MedCottage had been an idea on paper only. Even before the prototype was trotted out, however, the company's con-

cept had received an important endorsement: the Virginia General Assembly this year passed legislation that supersedes local zoning laws and allows families to install such a dwelling on their property with a doctor's order.

Detractors have dubbed the concept the "granny pod" and predicted that it could create conflicts between neighbors who find the dwellings unsightly. Some critics also worry that the setup could lead to cases of neglect involving elderly or disabled occupants of the dwellings.

The Rev. Ken Dupin, pastor of the Salem Wesleyan Church, created the MedCottage as an alternative to nursing homes as 78 million baby boomers head toward retirement. **FREDRICK KUNKLE**
(THE WASHINGTON POST)

The Lotteries

Monday, July 19

Maryland

Mid-day Pick 3.....	7-9-7
Evening Pick 3 (Sun.).....	8-0-2
Mid-day Pick 4.....	5-4-2-7
Evening Pick 4 (Sun.).....	3-1-9-1
Match 5 (Sun.).....	3-4-9-18-24 (35)

District

Mid-day Lucky Numbers.....	9-4-8
Evening Lucky Numbers (Sun.).....	2-3-4
Mid-day DC 4	8-9-5-8
Evening DC 4 (Sun.).....	4-0-5-5
Mid-day D.C. Five	2-6-1-9-5
Evening D.C. Five (Sun.).....	3-5-5-0-1
Daily 6 (Sun.)	2-4-16-25-26-31 (15)

Virginia

Mid-day Pick 3.....	7-2-8	Evening Pick 4 (Sun.).....	9-1-1-5
Evening Pick 3 (Sun.).....	1-3-4	Mid-day Cash 5 (Sun.).....	1-9-21-31-34
Mid-day Pick 4	8-6-8-6	Evening Cash 5 (Sun.).....	3-18-19-31-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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DDOT Tests New Parking Payment Methods

Washington

District transportation officials began testing new ways to pay for parking Monday in select areas.

Pay-by-phone, pay-by-space and pay-by-plates are some of the methods that will be tested. Companies involved in the pilot programs will have staff on location to help drivers use the new parking systems.

Meters with a pay-by-phone option will be in the 900 through 1200 blocks of Independence Avenue SW, and pay-by-space meters will be installed in the Friendship Heights area.

The pay-by-phone method will also be tested on about 1,000 spaces in Foggy Bottom, on Reservoir Road in Georgetown and around Nationals Park. The pay-by-license plate method will be tested in the 1300 block of U Street NW. (AP)

Sports



AP/GETTY/AP

Alberto Contador grabbed the yellow jersey in Monday's stage won by Thomas Voeckler, right. Defending champion Contador is hoping to repeat when the Tour ends Sunday.

Fast Friends Turn Foes at Tour

Contador takes lead after Schleck drops chain in tough climb

Cycling

The gloves have come off at the Tour de France.

Andy Schleck was fighting mad after dropping his chain during a tough climb Monday and then losing the overall lead when defending champion Alberto Contador unabashedly sped ahead to take

the yellow jersey.

"He can be nervous for the next days. ... This gives me anger," said Schleck, vowing revenge. "I'm not the one who will get chased anymore; I'm the one who chases. That's a big difference."

The episode highlighted the often-unclear etiquette of cycling's greatest race, in which the wearer of the yellow jersey is conferred almost queen-bee-like respect — and taking advantage of mishaps out of his control is frowned upon.

The breach came on a day when

France's Thomas Voeckler came out of a long breakaway to win the 15th stage from Pamiers to Bagnères de Luchon, finishing a 116.5-mile trek that included the merciless Port de Bales climb in 4 hours, 44 minutes, 51 seconds.

Contador, who gained time while Schleck was putting his chain back on and during a high-speed downhill to the finish, crossed 2:50 back in seventh, while Schleck came in 12th — 3:29 after Voeckler.

After more than two weeks and 1,800 miles of racing, the two-time

champion from Spain leads Schleck by merely eight seconds. Spain's Samuel Sanchez is third, 2 minutes back.

With Schleck only 31 seconds ahead going into Monday's stage and big Pyrenean climbs ahead promising a shakeout, tensions were certain to escalate. The two self-avowed friends had spent one calmer day in this Tour discussing a recent vacation they had together.

The friendship is now apparently on hold. "We're only here in a bike race, so let's leave it that way," Schleck said. JAMEY KEATEN (AP)

Swengali

Haynesworth Saga Set to Heat Up

If you were sick of Albert Haynesworth last season, just wait until next week.

All of the talk leading up to the training camp will be about whether the defensive tackle will show his face at Redskins Park for the first time since Mike Shanahan became coach.

With a stiff fine looming, Haynesworth has pledged to be there after skipping all of the team's workouts thus far.

The Redskins may not even recognize him because it's been such a long time and because rumor has it that he's lost a whopping 32 pounds. The grass where the tackle will fall for no apparent reason would like to thank

Shanahan and GM Bruce Allen should do us all a favor and trade the guy now.

the malcontent for such a magnanimous gesture.

Suppose Haynesworth does show — that won't be the end of this offseason saga. There will be tons of questions about how much he hates the 3-4 defense, and he will happily oblige each reporter's query to irritate coaches enough to force the trade he wants.

The longer Haynesworth wears a Redskins jersey, the uglier the situation will get. Shanahan and GM Bruce Allen should do us all a favor and trade the guy now.

Haynesworth has shown he's not a team player — and the sheriffs in town say they want only players dedicated to the organization. I'm surprised this has dragged on so long. But what's a few more weeks?

But mark my words: Haynesworth won't be in D.C. on opening day.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

TV Lineup

NATIONALS (7 P.M., MASN) It's another Strasmas Eve as the Nationals visit the Cincinnati Reds.

BASEBALL (10 P.M., WGN)

The Seattle Mariners host the Chicago White Sox.

CYCLING (6:30 A.M., VERSUS)

Alberto Contador will be wearing the yellow jersey during Stage 16 of the Tour de France.

WNBA (8 P.M., ESPN2) The Connecticut Sun tips off against the New York Liberty.

A Devil of a Decision for Free Agent Kovalchuk

Pro Hockey

Unlike the NBA's LeBron James, the biggest prize on the NHL free agent market isn't moving.

Ilya Kovalchuk is staying with the New Jersey Devils.

Kovalchuk's agent and the team announced on Monday that the high-scoring left wing has agreed to a multiyear contract, ending weeks of speculation about where the league's leading goal scorer since 2001 would be skating next season. Terms of the deal were not available.



Ilya Kovalchuk is staying in New Jersey.

"This was a long, arduous process that has taken, frankly, a little longer than I thought," agent Jay Grossman said in a telephone interview with The Associated Press. "But you know what? Nothing is worth anything unless you work for it. I can tell you he is very happy to be with the New Jersey Devils."

The Los Angeles Kings, New York Islanders, Devils and SKA St. Petersburg of Russia's Kontinental Hockey League talked with Kovalchuk after free agency started on July 1. (AP)

Sports

U.S. Hoops Rebuilds Its Roster

Training camp opens for worlds without NBA's biggest stars

Basketball

LeBron James, Dwyane Wade and Chris Bosh had some free agency business. Kobe Bryant and Chris Paul need to heal injuries.

Time to start choosing their replacements.

While its recent mainstays take the summer off, the United States gets back to work Tuesday in Las Vegas, opening training camp for the players competing for a chance to play in the world



LeBron James' free-agency frenzy left him too busy to prep for the U.S. team.

championships.

"I think everyone is antsy to get going again. It'll be fun because we've got a bunch of young guys

McGee Gets Tryout

For the second-straight year, the Wizards' JaVale McGee turned an impressive summer league performance into a tryout for Team USA. McGee was added to the 22-man roster that will compete for a spot on the world championships team this summer. (THE WASHINGTON POST)

who are very hungry, and it's a different group," USA Basketball chairman Jerry Colangelo said. "It's challenging, but it's also exciting. That's the way we choose to look at it."

The new-look team still has plenty of talent, including NBA

scoring champion Kevin Durant, perennial All-Stars Amare Stoudemire and Chauncey Billups, and Lamar Odom and Rajon Rondo, last seen on the court in Game 7 of the NBA finals.

The camp roster includes 22 players who will practice through Friday, working some of the time against a group of 20 college seniors. The week ends with an intrasquad game Saturday night.

The roster could then be trimmed before the team reconvenes next month in New York to continue its training before leaving for Europe. The world championships run Aug. 28 through Sept. 12 in Turkey. BRIAN MAHONEY (AP)

GAFFES



Dwyane Wade apologized Monday for his use of the phrase "World Trade" while discussing the

upcoming Miami Heat season. At a charity basketball game Sunday, Wade said: "There's going to be times when we might lose one, two games in a row, maybe two games, three games in a row, you never know. It's going to seem like the world is crashed down. You all are going to make it seem like the World Trade has just went down again. But it's not going to be nothing but a couple basketball games lost." (AP)

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Oosthuizen Wants More Majors

Relative unknown is ready for spotlight after British Open

Golf

Louis Oosthuizen never let the silver claret jug out of his sight as he celebrated into the morning hours at the Jigger Inn across from the 17th fairway at St. Andrews.

If his seven-shot victory in the British Open felt like a dream, reality arrived when he awoke Monday. "Man, oh, man," he said. "That was special waking up next to it."

Equally special was his victory at the home of golf, a performance so pure that he never trailed over the final 48 holes and hit into only one bunker on the Old Course, on the 14th hole Sunday when the championship had already been decided.



Louis Oosthuizen kisses the claret jug on the Swilken Bridge at St. Andrews, Scotland.

Oosthuizen became the fifth player in the last six Grand Slam events to win his first major, and the question sure to follow is whether he is capable of winning more or whether he happened to

play his best golf during an important week.

In this age of players turning pro earlier and winning tour events immediately, from Ryo Ishikawa to Rory McIlroy to Anthony

Kim, Oosthuizen might be a late bloomer. He figures the seven years he spent on the European Tour toughened him up, and winning in Spain for his first European Tour title did nothing but boost

**"Man, oh, man.
That was special
waking up next to
[the claret jug.]"**

**— LOUIS OOSTHUIZEN, SPEAKING
MONDAY AFTER CELEBRATING HIS BRITISH
OPEN WIN SUNDAY.**

his confidence.

"I want a few more of these," he said, his eyes rarely wandering from the jug. "I think winning one just wants you to get to the second one, and winning a second one and then get to the third. Yeah, I'm going to work a bit harder probably from now on and just try and get up there with as many majors

Bud Black Gets Extension From Padres Till 2013

Pro Baseball

The San Diego Padres have extended manager Bud Black's contract for three years, through the 2013 season, with club options for the 2014 and 2015 seasons.

Black has had the surprising Padres in first place in the NL West since April 20.

They have an NL-best 54-37 record and a four-game lead over the Colorado Rockies.

Black was hired after Bruce Bochy left following the 2006 season. He has a record of 281-297, including 89-74 in 2007, his first season. (AP)



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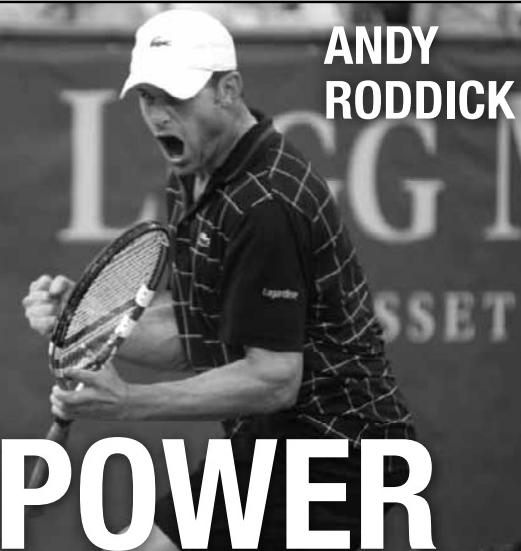
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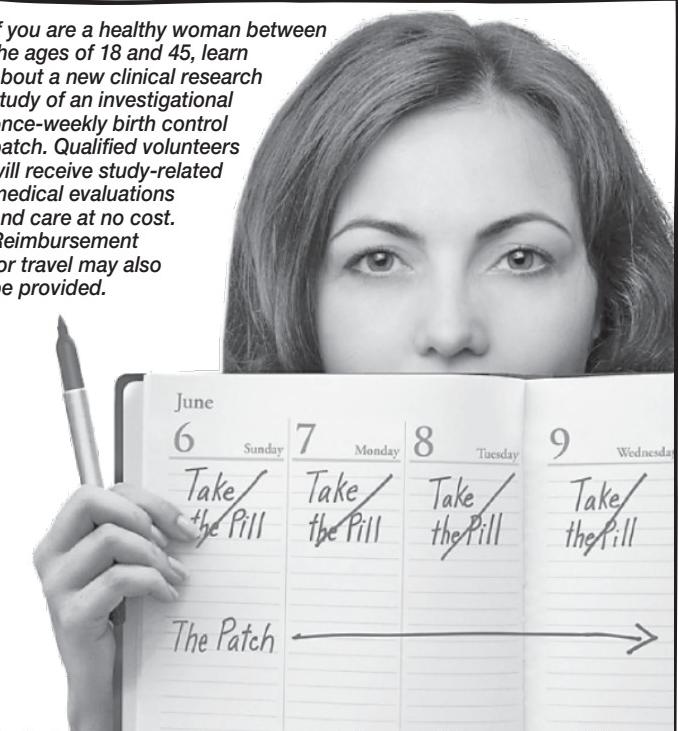
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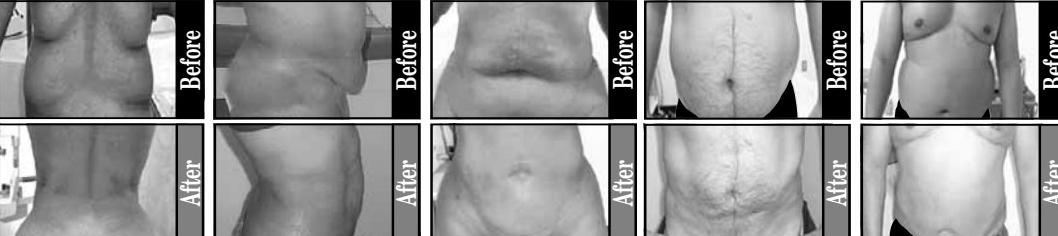
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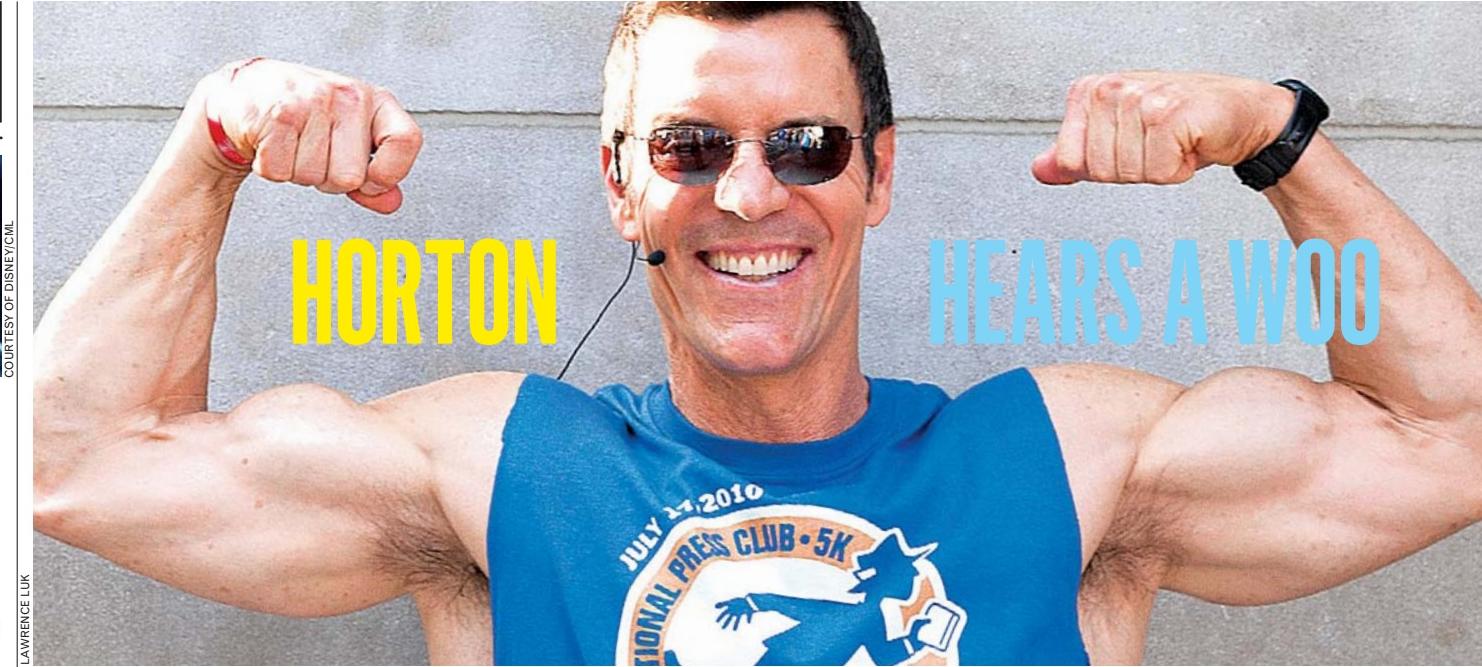
We've seen other self-filtering water bottles, but none have been as adorable as the Bobble (\$9.95, Waterbobble.com), which comes in six colors and has a curvy, easy-to-grip shape, courtesy of designer Karim Rashid. It works as well as it looks. Just fill 'er up, and then when you're in need of some hydration, give it a squeeze to shoot water through the replaceable carbon filter to the mouthpiece.



Body Talk



COURTESY OF DISNEY/CML



LAWRENCE LUK

Off the Walls

Wee ones in the audience of "Mary Poppins" (playing at the Kennedy Center through Aug. 22) probably assume it's "magic" when Gavin Lee — as peppy chimney sweep Bert — tap dances up one wall, across the ceiling and then down the other wall during the song "Step in Time." But it's also balance, body awareness and an assault on gravity.

Since Lee originated the part on Broadway, he's been doing the trick for six years and is fairly comfortable hanging 35 feet in the air. "The fact that the blood rushes to my head for 30 seconds every night probably clears my head," he says.

And although getting the feel for tapping horizontally and upside down took getting used to, it's not that taxing. "At first, when I had to hold there, I'd be shaking, and I was sure I was going to have the best six-pack in the world," he says. But with technological improvements, he doesn't need abs of steel to stay steady.

Lee does, however, need something to keep his stamina up for the entire show. He used to drink 5-Hour Energy, and he's now switched to a big cup of Starbucks. With enough caffeine, he could probably tap on the ceiling without any magic at all.



To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com



By Vicky Hallett

Infomercial workout king Tony Horton wants the military on his P90X program

Interview

Tony Horton is at war with fat. So it's no wonder the 52-year-old P90X Extreme Fitness guru — who counts Bruce Springsteen, Demi Moore, assorted members of Congress and plenty of average folks among his followers — has been summoned to military bases around the world to teach his signature "muscle confusion" moves. Before serving as race marshal for last weekend's Beat the Deadline 5K, he took to the podium at the National Press Club on Friday to explain why his mix of sun salutations, twisting squat jumps and scissor abs can battle plateaus and our troops' expanding waistlines. We caught him after the talk to get some extreme answers.

What's it like to have these fans?

For me, I'm just so thrilled that people's lives are changing. They have so much enthusiasm and joy in their lives. They see you six days a week for 90 days and beyond, so when they finally meet you, they feel like they know you.

Is running really your weakness?

I'm going to run, but I'm not going to push the envelope. My goal is 25 minutes. I'm not used to running in this humidity, so it's going to be a challenge. But life is a participation

sport. I've been doing adult gymnastics recently, and I do the best I can — I can do handstands, climb ropes, do backflips on the trampoline. It keeps you young. I avoided Pilates for the longest time, but I tried it and got hammered. I love working on my body.

You're into yoga. How do you convince other guys it's worth doing?

Can you imagine all of the men in the military doing yoga? When people get the program, it's 12 discs. Some see that yoga disc and blow

Fan Favorite

The X Factor

The proper response when Tony Horton announces, "We're going to do a little core work," is "WOOOO!" At least, it is for members of Capital X-plosion, a local crew of P90X enthusiasts. "It keeps us motivated," says 36-year-old Kim Bemis of Winchester, Va., one of the "founding fathers" of the group. Members come from all over the region, so they try to arrange centralized meet-ups once a month. Find out where they're headed next by joining their group on Facebook. All fitness levels are welcome.

Coaches said you were either a winner or a loser. There was a drill sergeant vibe. That wasn't appealing to me. So, I teach like I'm hanging out with my friends.

Why do you think P90X appeals to the military?

Push-ups, sit-ups and five-mile runs are so individual. That's not really working together. This is camaraderie. You need that in action, so why not train that way?

Why sell P90X in infomercials?

I know I'm competing with ShamWow and Snuggie. We're selling legitimate fitness, and that's a bit of an anomaly. People look at infomercials with skepticism, but if you're watching, you can see the whole story.

What's your favorite exercise?

It's pull-ups. I'm a real fan. We show people of all shapes and sizes doing them. People say, "I'm on a chair. I'm cheating." But I tell them, "No, you're learning." I love the yoga, too. I don't love the first 15 minutes, though. VICKY HALLETT (EXPRESS)

it off. But the ones who give it a try realize it's the glue. Men are discovering that it's learning how to be calm in the middle of the storm.

How does your background as a comic affect your training style?

You play to your audience. When I grew up, fitness was a serious thing.

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baggagecheck



What Happens in Vegas Is Pricey

Q

I'm very frustrated with my fiance, who is about to spend a ton of money to go to a bachelor party in Las Vegas. We're trying desperately to save money for a down payment on a house, and we have been scrimping on so many things and I have sacrificed so many things in view of this goal. I can't help but feel resentful about this, but then he says I am nagging and just don't want him to have fun and that it's the bachelor party idea I have a problem with. **HELP! VA.**

First, be honest with yourself if it's truly about the money, or if it's also about the visualization of him getting gyrated upon by an oil-slicked, half-naked woman named Cherri. (You won't get anywhere in your discussions if you're denying your real feelings.)

That said, you have every right to expect that your savings won't be squandered frivolously. But it doesn't have to be all or none. Work with him to find out what he thinks is a reasonable expenditure, and then negotiate, negotiate, negotiate.

Perhaps he can "earn" some of the money by making even further spending cuts for the foreseeable future.



@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Real Estate but False Friend

Q

My best friend and I bought a condo. We lived in it, then rented it out. She's been the main landlord because she lives closer (I paid her for her time). Now, we're looking to sell, and I've found out that she's been doing some unethical things in terms of handling the tenants and what she's disclosed to them. I also think she might be falsely charging me for her time. I just want to let the friendship die. Should I risk the conflict of confronting her? **D.C. QUANDARY**

The process of selling a house can be stressful for any duo, let alone when one person thinks the other one has been screwing them over. And if she behaves unethically during the proceedings, you could be on the hook for money, legal troubles or both, which I'm guessing is not something that you'd enjoy.

Confront her, but not before you have some legal backup in case

things go sour. If you're truly ready to let the friendship die, you don't have much to lose — her officially turning on you isn't much worse than her betraying you behind your back. On the other hand, bear in mind there's a possibility you don't have the whole story. Go in to the discussion with an open mind on the off chance that your best friend is still worthy of that title.

Event Horizon

Air
Force

When runners sprint over to a yoga class, it's usually just to stretch out tight hamstrings and quads. But the \$25 workshop this Saturday at 11:30 a.m. at Shakti MindBody Studio (1302 9th St. NW; 202-783-6463, Shaktimindbodystudio.com) aims to teach athletes how pranayama — aka breath work — can expand lung capacity. Instructor Angelyn Shapiro will follow up Aug. 21 with a workshop on using meditation to stay focused during a race.

Take the Most Capitol Steps

Pedometers are the must-have accessory for congressional staffers this summer

Competition

Most congressional races are over a seat, but the WalkingWorks Capitol Hill Challenge is over a shoe — or, more specifically, a foot-wear-shaped trophy that goes to the team that manages to walk the farthest over a six-week period. It's currently sitting in a place of glory in the office of Sen. Ron Wyden, D-Ore., whose staff went the extra miles last year to take home the prize.

And with just one more week left in the 2010 challenge, they're atop the leaderboard and looking for a repeat. "We consider it our trophy, and we fully intend to defend

it," says team captain Jennifer Hoelzer, 32, the senator's communications director. The strategy: "Get everyone involved."

Just about every person on staff in both the D.C. and Oregon offices

"Measuring is the most important step, because once you realize how this adds up, you ... [do] it more."

has been outfitted with a pedometer. That, of course, includes the senator, who got the OK to wear it even in confidential meetings. As a group, they take long treks together to lunch every Friday, and they monitor each other's behavior to ward off any signs of laziness. "If anyone ever sees me pushing an



MARGE ELY/EXPRESS

Sen. Ron Wyden's staff endures the heat to hold onto the lead for WalkingWorks.

elevator button, I'm in trouble," Hoelzer says.

Their secret weapon is their state, says legislative assistant Ben Widness, 28. Oregon is home to

huge numbers of hikers and bikers, not to mention the Nike Corporation. "This is what we like to be known for," he says. Many of them have been boosting their numbers

by skipping Metro and bus rides to work, and logging extra miles on their runs.

Although they started out as a fairly fit staff, the challenge has whipped them into even better shape. "Measuring is the most important step, because once you realize how this adds up, you start doing it more," says legislative assistant Isaiah Aiken, 32, who thinks the extra activity has given him and his co-workers more energy.

For Hoelzer, the best side effect has been the team bonding. "This keeps our spirits up," she says. That's not necessarily easy when you're working 14 hours a day. So, they'll feel like they've won even if they don't get to stare at the trophy for another year. But good luck to anyone who thinks they can pull ahead of Team Wyden. It's looking like a shoo-in for that shoe.

VICKY HALLETT (EXPRESS)

Elevating Your Yoga Practice

Do cat-cow on a hot, 'in' roof with 'Tone, Taste, Tan' package

Exercise

One way to raise the roof? Add yoga. The Liaison Capitol Hill (15 New Jersey Ave. NW; 202-638-1616; Affinia.com/liaison) is offering complimentary classes every morning at 7:30 for hotel guests on its 10th-floor pool deck. "The sun is still low, the breeze comes across your face, and the noise of the city is just this buzz," says Faith Hunter, one of three rotating instructors — and the May cover model for *Yoga Journal*. "This is how yoga should be done."

Knowing that locals might get jealous, this Sunday, the hotel is launching a weekly promotion called "Tone, Taste, Tan." For \$50,



MARGE ELY/EXPRESS

Faith Hunter, left, teaches on Wednesday mornings. Don't forget your sunglasses.

you can attend the hour-long morning yoga class (taught by Hunter's disciple M.C. Wolfe), head downstairs to Art & Soul for breakfast (your restaurant credit covers any main dish on the menu, including tax and tip) and then spend the rest of the day back upstairs

on the roof splashing around or lounging poolside.

The vinyasa flow classes are open to anyone of any fitness level, so the groups are capped at 15 students in order to allow the instructors to modify appropriately. That size means there's enough

room for students not to smack each other, and it also ensures the hotel can provide mats, towels and, most importantly, water.

This time of year in D.C., even such an early workout in the elements can get pretty steamy, but Hunter says that boosts the practice. "The advantage of the outside is the heat helps you naturally warm up your body," she adds. "It happens with ease." You'll still start with a few rounds of sun salutations while basking in the solar glow, which is sure to make your temperature rise further. So, expect some deep hip openers that take advantage of the Bikram-esque conditions.

When you're feeling too warm, Hunter reminds, "Child's pose is the best place to cool off." You may be tempted to leap into the shimmering swimming pool just a few feet in front of you, but that will have to wait until after breakfast. V.H.

Hot Topic



Y Go Changing?

People (both Village and otherwise) freaked out a bit at last week's news that the YMCA is rebranding itself as the Y. But **Stan Law** of the YMCA of Metropolitan Washington (Ymcadc.org) assures us the name change just means a better way to communicate what they're doing to turn their facilities into "health resource centers." Expect more screenings, info and new programs, including a men's health initiative that's launching this fall. V.H.



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Rules of the Skewers

Build a better kebab by marinating and preparing properly

Cooking

The very nature of a skewer — lean meat or fish interspersed with a variety of fresh vegetables and maybe brushed with a simple low-calorie, high-flavor sauce — all but guarantees healthy eating. Best of all, kebabs take just a few minutes to assemble, and the potential for deliciousness is limited only by your imagination. Now stop drooling and go fire up the grill!

1 Soak wooden skewers in water for at least 20 minutes before loading them up. The moisture will prevent the wood from catching fire and scorching your dinner.

2 The protein you're cooking will determine the size of the produce on your skewers. Shrimp and scallops cook quickly, so fruits and veggies should be cut smaller. Chicken and pork take more time to cook, so pair them with larger chunks.



ISTOCK

3 Marinate the loaded skewers in sauce before grilling — up to two hours for meat, but no more than 30 minutes for seafood — or brush it onto the food before and at least once during. Whether the food has been marinated or not, it's great to finish the kebabs with a light sheen of fresh sauce just before

bringing them to the table.

4 You want a medium-hot grill — not so hot that it chars the food's outside before cooking the inside, but hot enough that the food's surface will fully caramelize.

(REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Recipe File

SMOKED CREAMED CORN WITH GREEN CHILIES

Start to Finish:

20 minutes

Ingredients

- 1 tsp butter or canola oil
- 4-ounce can diced green chilies
- 1/2 tsp smoked paprika
- 3 cups fresh corn kernels, divided (about seven cobs)
- 1 1/4 cups skim milk
- 1 tbsp cornstarch
- 1/4 tsp salt



Makes Four Servings

In a medium saucepan over medium, heat the oil. Add the chilies and paprika and cook, stirring, for three minutes. Remove from the heat and set aside. In a blender, place 2 cups of the corn, the milk, cornstarch and salt. Blend until smooth. Transfer the puree to the saucepan with the chilies and add the remaining 1 cup of corn. Cook over medium-high, stirring constantly, until the mixture simmers and thickens and the corn is tender, seven to 10 minutes. (AP)

163 calories; 19 calories from fat; 2 g fat (0 g saturated; 0 g trans fat); 2 mg cholesterol; 34 g carbohydrate; 6 g protein; 1 g fiber; 216 mg sodium.

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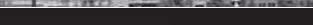
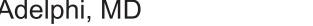
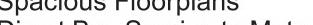
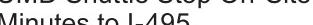
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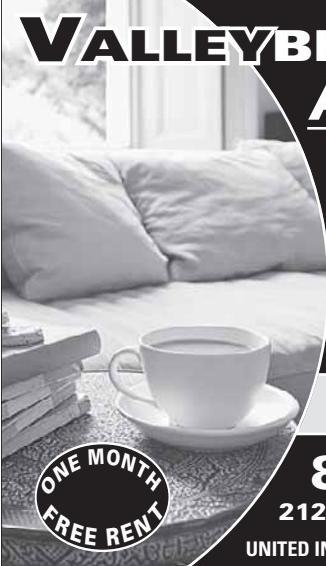
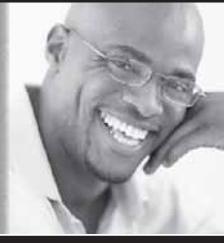
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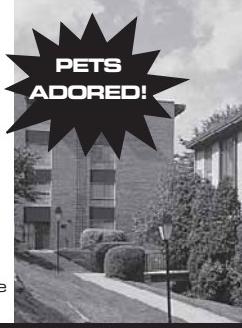
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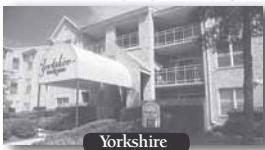
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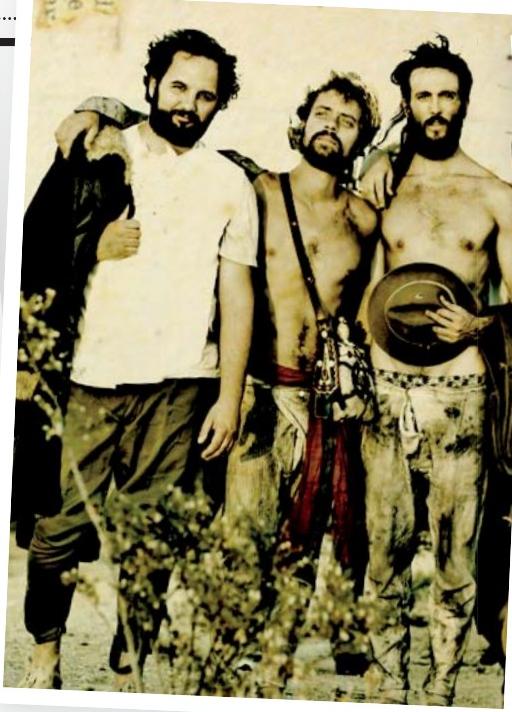
Sound Bets



POLYVINYL RECORDS



BIG HASSLE



ABCs of Emo

Cap'n Jazz was barely noticed the six years it existed. But three years after its 1995 breakup, Jade Tree put out the "Analphabetapolothology" comp and the band's influence on the modern emo-rock scene exploded.

The group splintered into many projects, but Cap'n Jazz reunited in

January and is playing a limited series of shows, including Friday at the sold-out Black Cat. But the musicians never totally parted, frequently performing and recording with one another.

The group formed when its members were in high school, but the musical skills of its three mainstays were already blossoming. Drummer Mike Kinsella, who now makes delicate, beautiful music in Owen, was also a skilled arranger, and Victor Villareal was studying classical guitar when he was pulled into the band by sandpaper-voiced singer Tim Kinsella, above, who now leads the obtuse Joan of Arc.

Cap'n Jazz played smart, angular, punk-inspired pop that was inviting but edgy — unlike the mall punk it partially inspired — and the newly re-issued on vinyl "Analphabetapolothology" is an essential document of the band's brilliance.



Comments? Give Christopher your feedback: expressnightout.com/soundbets



Bon Voyage?

The 'Jersey Shore' cast is reportedly on strike for more money **39**

A Crowd That Works

Edward Sharpe & the Magnetic Zeros unite 10 musicians in a harmonic whole

Q&A

Is it any wonder that Edward Sharpe & the Magnetic Zeros have climbed the indie ladder so quickly? Not only do they play feel-good, upbeat pop, but they're also selling the '60s vibe kids are buying these days. But Edward Sharpe has risen above the other flower-power bands to go from debut album to Lollapalooza in one year — no small task. But, to be fair, this is a really big band.

The 10-person group, fronted by Ima Robot's Alex Ebert, is touring the country Merry Pranksters-style, bringing their bubbly pop to

"We really like trying to have as many real instruments as we can, playing off each sound. ... And it feels different if anybody's not at the show."

people everywhere.

You, too, can join this happy bunch (if you already purchased tickets to the sold-out show, that is) at the 9:30 Club on Tuesday, or catch them at another East Coast appearance this summer. Express spoke to guitarist-vocalist Christian Letts to tune into the good vibes.

Do you prefer big festivals or indoor clubs?

I like playing outdoors a lot. There's something really cool about having sound go out and actually not being stopped by walls. One of my favorite shows this past year was in Aus-

tralia. ... I think we had about 400 people packed into a place meant for 260 or something. The walls, they were literally made out of this particle board and you could see a waterline on it from how sweaty it was. It was the sweatiest show we ever played.

Do you think the band could work with fewer people?

We really like trying to have as many real instruments as we can, playing off each sound. So, it's important to us to have that. And it feels different if anybody's not at the show; I can't really imag-

ine not playing with everybody. We've never done that before. We've done, like, radio things like that before, like acoustic things before ... because the studio couldn't fit everybody. That happens a lot.

Do you feel more pressure the bigger the band gets?

Actually, no. I don't really ever think about that stuff, so I guess that's why I don't feel, like, pressure. We've had a lot of people ask us, like, "Are you guys gonna start doing your next album?" ... We're just going to do what we did with the first one: Write something we like and set it free and see what happens. **SARAH ANNE HUGHES**

● **9:30 Club, 815 V St. NW; with We Are Each Other, Tue., 7 p.m., SOLD OUT; 877-435-9849. (U St.-Cardozo)**

expressnightout.com ►► Rachelle Spector climbs 'Out of My Chelle' with an album that leaves out a big part of her strange story ►► Dilated Peoples' Rakaa Iriscience steps up the confrontational energy on 'Crown of Thorns' ►► Nominate your local favorites for our Best of 2010 list: Expressnightout.com/bestof

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Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at Expressnightout.com/topstops.

1 Too Legit To Quit

Now that Metallica has forever given up the title "metal" — you can't be metal and have a whole Guitar Hero expansion pack based on your music; that's just not how metal works — Iron Maiden is the undisputed winner of the "Too Metal for Their Own Good" medal, which we just made up. See the Maiden, led by frontman Bruce Dickinson, right, rock tonight.

Jiffy Lube Live, 7800 Cellar Door Drive, Bristow, Va.; Tue., 7:30 p.m., \$31-\$93; 202-397-7328.



top
stops

2 Meet the MacGuffin

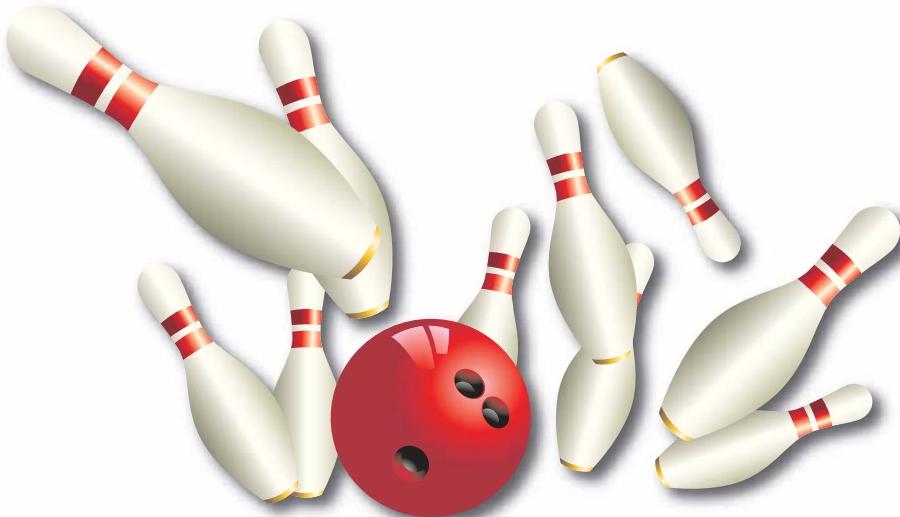
"The Maltese Falcon" isn't the greatest film noir ever made, or even the best ever made with Humphrey Bogart ("The Big Sleep" wins on both counts), but considering the competition, there's no shame in second. The story follows a hard-boiled private eye (Bogart) who gets embroiled in the hunt for a mysterious bird statue. **American City Diner, 5532 Connecticut Ave. NW, Tue., free; 202-244-1949.**



3 What's in a Name?

Clem Snide sounds like the name of a person, but it is in fact the name of a band, whereas Eef Barzelay, left, sounds like the name of an alien, but it is really the name of Clem Snide's lead singer and songwriter. We're going to credit the alt-folk-country group's witty, perspicacious lyrics to him. **Iota Club and Cafe, 2832 Wilson Blvd., Arlington; Tue., 8:30 p.m., \$14; 703-522-8340, Iotaclubandcafe.com.** (Clarendon)

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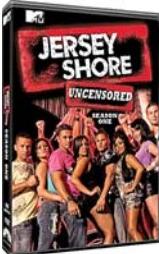
express

A publication of **The Washington Post**

Bigger, Longer, Still Cut

'Jersey Shore' discs are being hawked as 'uncensored' but skip some juicy bits

DVD Review

Americans have always had a soft spot for mindless entertainment. But nothing can compare to the no-brain-needed success of MTV's "Jersey Shore." The second season begins July 29, and the first season came out on DVD Tuesday (\$16.49, Amazon.com). 

In this three-disc set, the picture quality is grainy and the "uncensored" just means some curse words (no nudity, perverts).

If you've seen the episodes, you could still buy this set for the special features. But they disappoint. The reunion show isn't uncensored, meaning the profanity is



JWoww and Snooki were young, innocent girls before they made it big on MTV.

bleeped out. The infamous punching scene, where a local guy clocks Snooki in the face in a club, isn't shown, either. Since this collection so prominently advertises itself as "uncensored," you would expect

that moment — which MTV hyped so merrily on preview clips before people started getting offended, causing them to pull it from the episode — to be here.

Also awful is the special fea-

"Jersey Shore"

► Stars: JWOWW, DJ PAULY D, SNOOKI, THE SITUATION. What, those aren't their real names?

► In a Nutshell: Some young people who may or may not be of Italian descent party in the Garden State.

► Extras: The reunion special, deleted scenes, commentary tracks and life tips from the cast.

ture with Snooki and The Situation giving "tips" about love and life. If you need The Situation to tell you that confidence is key to winning over a girl, then you have bigger problems than can be fixed with "Shore."

Overall, the set's bad outweighs its good. Maybe if the discs came with the official "Jersey Shore" soundtrack, also released Tuesday, or a copy of "Gym, Tanning, Laundry: The Official Jersey Shore Quote Book," one could better enjoy the full "Jersey Shore" experience in one place. Alone, though, the DVDs are shoddy in all the wrong ways. ROXANA HADADI

Mixed Media

"THE MOST DANGEROUS MAN IN AMERICA: DANIEL ELLSBERG AND THE PENTAGON PAPERS" (NR, 94 MINUTES)

Docu-Dramatics

Although Judith Ehrlich and Rick Goldsmith's film deserves recognition as an exemplary piece of nonfiction filmmaking, it pulses with the suspense and momentum of a sleek thriller.

Daniel Ellsberg describes how, in the fall of 1969, he photocopied 7,000 pages of a classified history of U.S. involvement in Vietnam —

and how it went public. Told through a carefully layered collage of archival footage, reenactments, animation and interviews with eyewitnesses, the film grabs viewers with intrigue and high-stakes derring-do and never lets go.

"REPO MEN"
(R, 111 MINUTES)

Sticker Shock

Imagine a world where artificial organs bought on credit could be repossessed. Director Miguel Sapochnik



has made a thriller with requisite plausibility and the proper quotient of paranoia. Jude Law plays Remy, top repo man for a company/gov-

ernment that urges transplants onto ailing customers, then tracks them down when they miss payments.

When Remy has a heart attack, he gets a transplant he can't afford, and the hunter becomes the hunted. The movie does take a trip into deepest Crazyville: A duet of anesthesia-less surgeries performed by Remy and Beth (Alice Braga) is so borderline orgasmic it may qualify as the horror-fantasy version of a Rogers-Astaire dance number. (THE WASHINGTON POST)

Trees Aren't Safe Yet

Q&A

In the celebrated 2006 essay "Hamlet's BlackBerry: Why Paper Is Eternal," William Powers argued that, despite the rise

of digital media, good old wood pulp can hold its own. He expands on that thesis in "Hamlet's BlackBerry: A Practical Philosophy for Building a Good Life in the Digital Age" (\$25, Harper). He spoke to Express about the benefits of disconnecting.

In what ways will paper stay rel-



ANNE GHORY-GODMAN

Former Washington Post reporter William Powers thinks paper's here to stay.

event versus digital media?

Breaking news just belongs on the screen. Eyeballs have migrated to the computer because you want news when it happens. But there's this other service that newspapers

have always provided — the opinion column, the essay, the investigative piece — and those pieces are not working that well on the screen.

In your household, your family started unplugging on the weekends a few years ago, right?

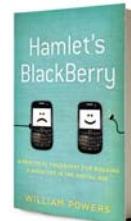
It wasn't done for the book; it was really just done to improve our lives, to create a more connected family, in the true sense of connectedness, a sense of being able to sit down and stick with a task for a while. ROXANA HADADI

► Politics and Prose, 5015 Connecticut Ave. NW; Tue., 7 p.m.; free; 202-364-1919, Politics-prose.com. (Van Ness)

This Is for Real

Launched last week, [Whatcourtneyworetoday.com](#) may be the closest-to-sane Internet presence Courtney Love will ever have. The concept: Love sends iPhone pics of herself to the blog's three anonymous scribes, who then dissect her (very expensive) fashion choices. What's most shocking is how serene and straight-up beautiful Love is out of the paparazzi's glare. (EXPRESS)

Quick Click



Building a Good Life in the Digital Age" (\$25, Harper). He spoke to Express about the benefits of disconnecting.

In what ways will paper stay rel-

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TV tonight lookout

Best Bets

FAM
8:00

Pretty Little Liars The girls must face the messy aftermath of the disastrous homecoming dance. Author Sara Shepard, who wrote the books on which the show is based, cameos as a teacher.

DISC
9:00

Deadliest Catch On the 9 p.m. episode, the fleet hears the news of Capt. Phil Harris' death. At 10, "Captain Phil Harris Remembered" looks back on his life with never-before-seen footage, fan remembrances and more.

SYFY
9:00

Warehouse 13 When an artifact meant for the Warehouse turns up in the town next door, the team finds itself in the middle of a B-movie meltdown complete with cowboys, gladiators and sci-fi robots.

BRAVO
11:00

Double Exposure During a Cosmopolitan photo shoot with "90210's" AnnaLynne McCord, Indrani persuades Markus to leave the shoot to support GK at Fashion Week. (EXPRESS/TRIBUNE MEDIA)

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P.O.V.

Voice of a Nation

PBS
10:00

"El General" on "P.O.V." profiles Plutarco Elias Calles, a hero of Mexico's revolution who served as the nation's president from 1924 to 1928. Filmmaker Natalia Almada has a special relationship with her subject: Calles is her great-grandfather. She uses recordings made by her grandmother to offer an intimate glimpse at "normalcy" amid revolution, assassinations and civil war. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Anniversaries



This Is Still On?

The legendary KISS front-man and his fam celebrate the 100th episode of "Gene Simmons Family Jewels" (9 p.m., A&E). Gene's on tour, so his wife, Shannon, and her sister, Tracy, embark on a road trip to see him play. Kids Sophie and Nick, also heading for the show, run into trouble on their way to the airport. And Gene finds a stowaway! (EXPRESS)

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— **ESQUIRE.COM/BLOGS/POLITICS** IS SMITTEN WITH THE WASHINGTON POST'S DANA PRIEST, WHO RECENTLY WORKED WITH WILLIAM M. ARKIN ON AN INVESTIGATION OF THE UNITED STATES' SECURITY AND INTELLIGENCE SYSTEM.



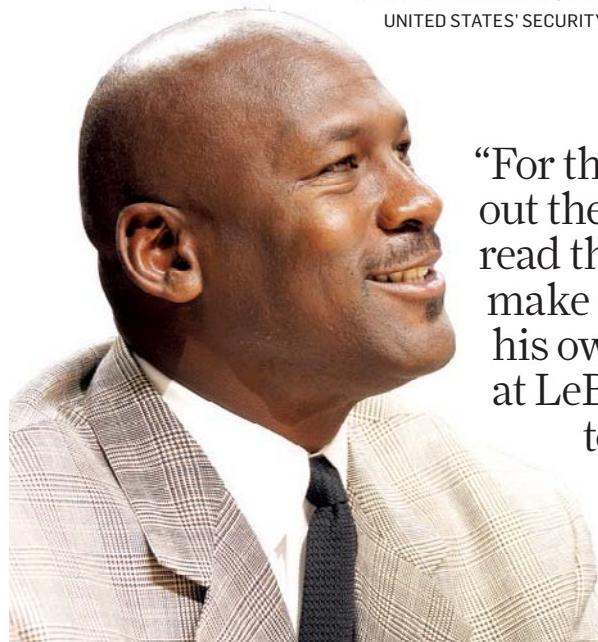
Blog Log

"SOMEBODY NEEDS TO EXPLAIN

to this imbecile that just because she never admits that she is wrong, it does NOT actually mean that she is never wrong."

— **THEIMMORALMINORITY.BLOGSPOT.COM** WOULD

LIKE TO MAKE IT CLEAR THAT "REFUDIATE" AND "MISUNDERESTIMATE" ARE, IN FACT, NOT ACTUAL WORDS IN THE ENGLISH LANGUAGE, ALTHOUGH SARAH PALIN RECENTLY USED BOTH IN A TWEET, THEN ADDED, "ENGLISH IS A LIVING LANGUAGE. SHAKESPEARE LIKED TO COIN NEW WORDS TOO. GOT TO CELEBRATE IT!"



"For the [Michael] Jordan fans out there, it's really just great to read this. Not only does Jordan make a great point supporting his own legacy, but he does so at LeBron's expense. And he's totally right."

— **LARRYBROWNSPORTS.COM** REACTS TO STATEMENTS FROM JORDAN IN WHICH THE SIX-TIME NBA CHAMPION SAID, "THERE'S NO WAY, WITH HINDSIGHT, I WOULD'VE EVER CALLED UP LARRY [BIRD], CALLED UP MAGIC [JOHNSON] AND SAID, 'HEY, LOOK, LET'S GET TOGETHER AND PLAY ON ONE TEAM.'"

puzzles lookout

Horoscope

CANCER (June 21-July 22)

You have something special to look forward to, but you have much to accomplish before you can enjoy it fully. Get to work.

LEO (July 23-Aug. 22) You'll be tempted to put off until tomorrow what should be done today, but you know this is not the way to go about business now.

VIRGO (Aug. 23-Sept. 22) You've been paying too much for something that others are getting for less — and now is the time to negotiate a better deal.

LIBRA (Sept. 23-Oct. 22) A conflict can be avoided simply by taking the high road and keeping yourself from reacting to what another is doing to goad you.

SCORPIO (Oct. 23-Nov. 21) A trusted source may not come through for you, which means that it's up to you to uncover the facts that will prove most useful.

SAGITTARIUS (Nov. 22-Dec. 21)

Now is not the time to say no to an opportunity, especially if it means putting a little extra money in your pocket.

CAPRICORN (Dec. 22-Jan. 19)

You may have to rearrange your schedule in order to accommodate someone else's needs.

AQUARIUS (Jan. 20-Feb. 18)

You're likely to receive one or two important messages through unlikely channels, but you must take them seriously nonetheless.

PISCES (Feb. 19-March 20) If it's a straight answer you're seeking, you may have to be patient; no one is likely to provide what you want right away.

ARIES (March 21-April 19)

Someone close to you is playing games, but you don't know the rules just yet. When you do, you'll prove a formidable competitor.

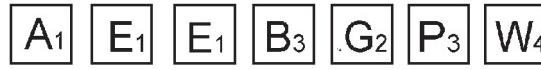
TAURUS (April 20-May 20) You'll want to keep an accurate record of what you discover as you travel down a path of alternating darkness and light.

GEMINI (May 21-June 20)

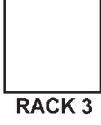
Symbolism will prove important all day long, and you must be receptive to even the most unlikely messages. A puzzle can be solved.

Scrabble Grams

PAR SCORE 155-165, BEST SCORE 221



1st Letter
Triple



Double
Word Score



Yesterday's Solution

A ₁	R ₁	M ₃	B ₃	A ₁	N ₁	D ₂	RACK 1 =	62
U ₁	P ₃	S ₁	H ₄	I ₁	F ₄	T ₁	RACK 2 =	80
B ₃	E ₁	L ₁	T ₁	W ₄	A ₁	Y ₄	RACK 3 =	67
N ₁	U ₁	N ₁	N ₁	E ₁	R ₁	Y ₄	RACK 4 =	60
							TOTAL	269
							PAR SCORE	200-210

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

2			3			7		
	9			6				
4	3		2	9				
		8		1	2			
4				5				
8	6			7				
		9	2		3	6		
		1		9				
9			4		1			

Yesterday's Solution

1	4	6	3	7	8	2	5	9
8	3	7	5	9	2	6	4	1
2	9	5	4	1	6	3	8	7
7	5	3	2	4	1	9	6	8
4	6	8	7	5	9	1	2	3
9	2	1	6	8	3	5	7	4
3	1	2	8	6	7	4	9	5
6	8	4	9	3	5	7	1	2
5	7	9	1	2	4	8	3	6

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



92 | 76

Today: Partly sunny, hot and humid today. A couple of thunderstorms tonight.



92 | 76

Tomorrow: Humid tomorrow and tomorrow night; a shower or thunderstorm.



92 | 76

Looking Ahead



92 | 76



92 | 76

Sun and Moon

Sunrise today: 5:59 a.m.
Sunset today: 8:30 p.m.
Record high: 102
Moonrise today: 4:16 p.m.
Normal low: 71
Moonset today: 1:06 a.m.
Record low: 56

FORECAST BY ACCUWEATHER.COM ©2009

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lookout puzzles

Crossword

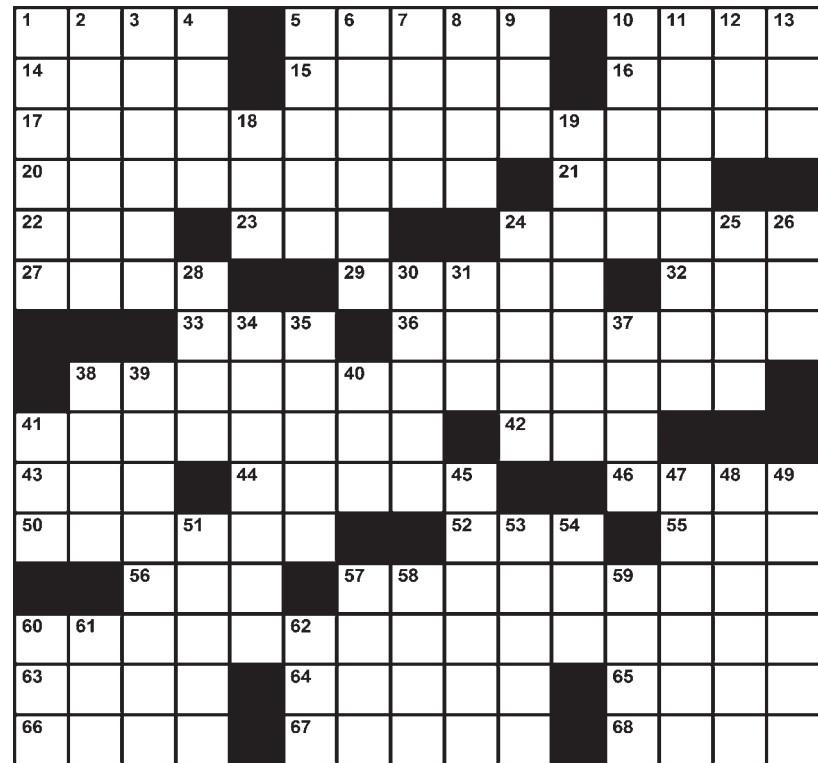
PACK IT UP

ACROSS

- 1 Bird in a cornfield
- 5 Naked, as a sheep
- 10 Help a hustler
- 14 Goddess of youth
- 15 Salk vaccine target
- 16 Thousand-plus-pager
- 17 Tempt fate
- 20 Settle once and for all
- 21 Merry month
- 22 Bald-faced ___
- 23 Frowned-upon feminizing suffix
- 24 Dish-shaped gong
- 27 Uses the "+" function
- 29 Deeply held belief
- 32 Turkish commander
- 33 Sixth sense letters
- 36 Halos
- 38 Beachwear for men
- 41 Bottom line
- 42 Paintings and such
- 43 Space ball?
- 44 Come to a point
- 46 Clumsy ones
- 50 Outdoes
- 52 Geologic time division
- 55 Mooth, as a ride
- 56 Yankee great Gehrig
- 57 Small tobacco product
- 60 Goal of a blitz
- 63 "Well, ___ that special!"
- 64 See-through fabric
- 65 Fishing decoy
- 66 Connect the ___ (kid's game)
- 67 Church niches
- 68 Airport guesses, for short

DOWN

- 1 Spiny cactus
- 2 Made good on, as a loan
- 3 Complied with commands
- 4 Hit the road
- 5 Practices with another boxer
- 6 "I'm not kidding!"



EDITED BY TIMOTHY E. PARKER

- | | | |
|---|------------------------------------|------------------------------------|
| 7 Auto maker Ransom E. ___ | 35 Breads served with hummus | 58 Sacred Nile bird |
| 8 Warden's fear | 37 Catch ___ (start to understand) | 59 Last word in Gilligan's theme |
| 9 "... ___ gloom of night..." | 38 Hamilton's dueling opponent | 60 Four times a day, on an Rx |
| 10 Black tea from India | 39 Moving about | 61 GI show sponsor |
| 11 "Goo goo ga ga," e.g. | 40 Velvet pile | 62 ___ Peron, Argentine first lady |
| 12 Kind of trip for the concealed | 41 Booze abuser | |
| 13 IRS concern | 45 Lavishly entertain | |
| 18 "The Murders in the Rue Morgue" writer | 47 Vowel change in related words | |
| 19 Not yet a pro | 48 Seesaw supports | |
| 24 ___ cotta | 49 Has a few of | |
| 25 Grows older | 57-Across | |
| 26 Pas' partners | 51 Sahl and Drucker | |
| 28 Small paving stone | 53 Daytona 500 events | |
| 30 Apollo 11 module | 54 Noah's vessel | |
| 31 Pecan, e.g. | 57 Farm yield | |
| 34 Heavy track item | | |

Yesterday's Solution



Today in History

1917

The draft lottery in World War I goes into operation.

1944

President Franklin D. Roosevelt is nominated for an unprecedented fourth term of office at the Democratic National Convention in Chicago.

1969

Apollo 11 astronauts Neil Armstrong and Edwin "Buzz" Aldrin become the first men to walk on the moon after landing their lunar module.

express



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people lookout

ISSUES

Sex Workers Pleased To Better Understand Their Motivations

Jennifer Love Hewitt, who plays a prostitute in the Lifetime movie "The Client List," says sex workers aren't just in it for the money. Women who aren't sexually fulfilled at home "are kind of going out and going, 'Well, we have needs just like men do, and if men can go out and get their needs met, we will too,'" she told Ryan Seacrest on his radio show. (EXPRESS)



MILEY CYRUS?

Long-Haired Teen Singers Identical When Shot in Dark Environments

Teen singer Charice did not undergo a Botox treatment "to look fresh on camera" for an appearance on "Glee" later this month, but to relieve muscle pain in her jaw. Rumors that she'd had the injections to make her face narrower were angrily shot down by her publicist Monday. (AP/EXPRESS)



JASON MERRITT/GATTY IMAGES

Our job description never included knowing who these people actually are.

WE WILL USE THEIR REAL NAMES IF YOU GIVE US A RAISE

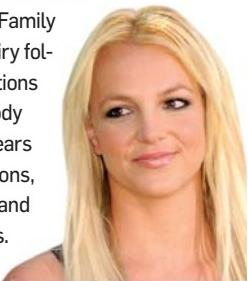
All You Need Is Greed

The cast of MTV's "Jersey Shore" reportedly went on strike Sunday, according to TMZ.com. About 150 crew members were waiting to shoot in Seaside Heights, N.J., on Monday morning, but as of that afternoon, none of the stars had shown up. JWOWW, Ronnie, Sammi, Pauly D and Vinny allegedly told crews they weren't shooting without new contracts. The Situation is in contract negotiations of his own with MTV. It's unclear where Snooki stands. (EXPRESS)



"My life just could not get any worst [sic] right now. I come home to find my dog woody is dead."

— KELLY OSBOURNE TWEETS ABOUT THE DEATH OF HER POMERANIAN PUPPY, WHICH CAME JUST A WEEK AFTER HER BREAKUP WITH FIANCÉ LUKE WORRALL. SHE ADOPTED WOODY IN JUNE FROM WEST VIRGINIA.



MEDIA COVERAGE

'It's Back to Pictures Of My Cellulite Y'All!'

A child abuse investigation against Britney Spears has been dropped, RadarOnline.com reported. The Los Angeles County Department of Children and Family Services' inquiry followed accusations by a former body guard that Spears had beat her sons, Sean Preston and Jayden James. (EXPRESS)

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Phase 2 Fare Changes Start August 1.

In response to customer comments to avoid service cuts, Metro took a number of actions to maintain services, including obtaining more funding from the government jurisdictions. But fare adjustments are still required. The second phase of those changes takes effect on August 1.

Fares

Metro will enact a new 20¢ surcharge during peak-of-the-peak periods (weekdays 7:30 - 9 a.m. and 4:30 - 6 p.m., based on the starting time of the trip). The surcharge for senior citizens (age 65 and older) and people with disabilities will be 10¢.

Passes

On August 1, the cost of three Metrorail passes will increase.

Weekly Short Trip Pass:	\$32.35
Weekly Fast Pass:	\$47
Transit Link Card:	\$102

SmarTrip®

Also beginning August 1, Metrorail customers will enjoy the same savings of SmarTrip® as Metrobus riders. Customers will save 25¢ per Metrorail trip if they use a SmarTrip® card instead of a paper farecard.

The cost of a SmarTrip® card is going down, too. Starting August 29, the price drops 50%, from \$5 to just \$2.50!

Questions?

If you have any questions or want more information, please visit MetroOpensDoors.com or call 202-637-7000 (TTY 202-638-3780).

